

What is claimed:

1. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of hydroxycitric acid and garcinol.
2. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of hydroxycitric acid and anthocyanin.
3. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of hydroxycitric acid, garcinol and anthocyanin.
4. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said patient a citrate lyase inhibiting effective amount of hydroxycitric acid and garcinol.
5. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said subject a citrate lyase inhibiting effective amount of hydroxycitric acid and anthocyanin.
6. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said subject a citrate lyase inhibiting effective amount of hydroxycitric acid, garcinol and anthocyanin.
7. A method for increasing fat catabolism and increasing lean body mass in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and garcinol.
8. A method for increasing fat catabolism and increasing lean body mass in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and anthocyanin.
9. A method for increasing fat catabolism and increasing lean body mass in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin.
10. A method for increasing anti-oxidant activity of garcinol in a subject in need of such effect, comprising administering to said subject an anti-oxidant effective amount of garcinol, hydroxycitric acid and anthocyanin.
11. A method for increasing anti-oxidant activity of anthocyanin in a subject in need of such effect comprising administering to said subject an anti-oxidant effective amount of anthocyanin, hydroxycitric acid and garcinol.
12. A process of manufacturing hydroxycitric acid from fruits of *Garcinia* sp. comprising extracting said HCA from the fruits with organic solvents.

13. A process of manufacturing garcinol from fruits of *Garcinia* sp. comprising extracting said garcinol from the fruits with organic solvents.
14. A process of manufacturing of anthocyanin from fruits of *Garcinia* sp. comprising extracting said anthocyanin from the fruits with organic solvents.
15. A process of manufacturing hydroxycitric acid (HCA), garcinol and anthocyanin from fruits of *Garcinia* sp. comprising extracting said HCA, garcinol and anthocyanin from the fruits with organic solvents.
16. A process of manufacturing hydroxycitric acid from fruits of *Garcinia* sp. by CO<sub>2</sub> supercritical extraction.
17. A process of manufacturing garcinol from fruits of *Garcinia* sp. by CO<sub>2</sub> supercritical extraction.
18. A process of manufacturing anthocyanin from fruits of *Garcinia* sp. by CO<sub>2</sub> supercritical extraction.
19. A process of manufacturing hydroxycitric acid, garcinol and anthocyanin from fruits of *Garcinia* sp. by CO<sub>2</sub> supercritical extraction.
20. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of forskolin and garcinol.
21. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of forskolin and anthocyanin.
22. A method for appetite suppression in a subject in need of such effect, comprising administering to said subject an appetite suppressing effective amount of forskolin, garcinol and anthocyanin.
23. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said patient a citrate lyase inhibiting effective amount of forskolin and garcinol.
24. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said subject a citrate lyase inhibiting effective amount of forskolin and anthocyanin.
25. A method for inhibiting cytoplasmic citrate lyase in a subject in need of such effect, comprising administering to said subject a citrate lyase inhibiting effective amount of forskolin, garcinol and anthocyanin.
26. A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of forskolin and garcinol.
27. A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of forskolin and anthocyanin.
28. A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of forskolin, garcinol and anthocyanin.